

Daily Do

June 23, 2022

- ☐ Wake up at 5AM ~ alcohol make/strip bed, open curtains.
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Brush teeth
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Morning run (40min)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Make coffee
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Dishes (15m)
📅 Tomorrow 🔁 • 🔔 Tomorrow • 📄
- ☐ Sanitise toilet & sink (5m)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Shower (30m)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Revive hair (20m)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Towel Meditation (15m)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Laundry ~ Sweep & tidy house. Put Laundry away. Mop bathroom. (2hr)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Morning break ~ Refill water bottle. Lotion if just watching tv.
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Coding block (3hr)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Lunch Break ~ refill water bottle (1hr)
📅 Tomorrow 🔁 • 🔔 Tomorrow
- ☐ Language Studies Block (1hr)
📅 Tomorrow 🔁 • 🔔 Tomorrow



Daily Do

June 23, 2022

- ☐ Coding Block II || Animation Block (2hr)
📅 Tomorrow ↻ • 🔔 Tomorrow
- ☐ Afternoon Break ~ Refill water bottle. Tidy desk area. (2hr)
📅 Tomorrow ↻ • 🔔 Tomorrow
- ☐ Evening Ride (45m)
📅 Tomorrow ↻ • 🔔 Tomorrow
- ☐ Brush teeth PM
- ☐ Evening shower (1hr)
📅 Tomorrow ↻ • 🔔 Tomorrow
- ☐ Lotions & Chill
📅 Tomorrow ↻ • 🔔 Tomorrow
- ☐ Mop bathroom, Final tidies
🔔 Tomorrow
- ☐ Bedtime
📅 Today ↻ • 🔔 Today

